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A system for installing carpet including a sheet which essentially includes a non-woven or flexible plastic backing with adhesive on both the top and bottom sides of the backing is disclosed. Release paper is placed on the adhesive on at least one side of the backing. When the carpet is ready to be installed the release paper from the side of the backing is removed so that the backing may be applied to a subfloor which may be a floor or pre-existing carpet. A carpet tile or carpet is placed on the top side of the backing. Thus, the present system provides dimensional stability to carpet tiles or carpet and to the existing subfloor.